

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

February 2019

Vol. IX Issue II

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health
Department

 Cincinnati Health
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Celebrate School-Based Health Awareness Month this February

February is National School-Based Health Care Awareness Month. Each year, the school-based health care community comes together in an effort to highlight and recognize the role school-based health care providers play in ensuring students have access to high-quality health care, often including dental and vision health.

The Cincinnati Health Department is the Chief Medical Consultant for Cincinnati Public Schools. Our Division of School and Adolescent Health works hard to keep students healthy and ready to learn through our School Based Health Centers. These centers are primary health care facilities on or within school grounds, and serve students in grades pre-K-12. They are licensed as outpatient clinics or hospital satellites, and are staffed like a pediatric primary care office. The Cincinnati Health Department's SBHCs are full service health centers located in Cincinnati Public Schools. These centers serve the medical needs of children and families in the school and community. Currently, CHD has 13 School Based Health Centers serving over 10,000 students.

One of the best ways to connect students to the health care services they need to thrive is a school-based health center. We work hard to remove barriers to health care by meeting students where they are. CHD's centers provide chronic illness management for conditions such as asthma, primary care, behavioral health and counseling, immunizations, prescription medications, sick and injury care, treatment of acute injuries and illnesses, routine checkups and physicals, health screenings, immunizations, mental health services, and health education to children and families. Having a health center in school makes it easier for parents to keep up with their children's medical needs, and keep children in school. CHD focuses on how increasing access to health care services helps students succeed in and out of the classroom. Our SBHCs remove barriers to health care by meeting students where they are and create better access to healthcare and help keep families healthy!

They are an important resource for school-aged children because they can provide primary medical and mental health services on site, regardless of the student's insurance coverage or ability to pay. The Cincinnati Health Department operates 13 SBHCs and focuses on redefining health for children and adolescents. We have a team of nurse practitioners, physicians assistants, social workers, physicians, and at some schools, dentists/ dental hygienists, as well as ophthalmologists/optometrists.

This February, please join CHD in celebrating the physicians, nurses, medical professionals, staff, and most importantly, the students who make the school-based health care movement such a success. National School-Based Health Care Awareness Month—an opportunity to recognize our success and raise awareness about how school-based health centers (SBHCs) are revolutionizing the way children and adolescents access health care services.

For more information log onto <https://www.cincinnati-oh.gov/health/cincinnati-health-department-divisions1/school-adolescent-health/>



Last month, CHD kicked off two new programs to show appreciation to our employees: the Gold Star Acts and the Employee of the Month.

The purpose of these programs is to recognize employees who have served CHD in an exceptional manner by exemplifying our core values through his/her work and exhibiting a positive and supportive attitude.

The employee of the month is generally someone exceeds the expectations of his/her job. He/She arrives on time, works his/her entire shift and stays late if necessary to complete assigned tasks correctly and on time.

Simply doing your job isn't enough, though. Finding a better or more efficient way to complete a task, or volunteering to complete a project that no one else wants to do, can also lead to extra recognition. Anticipating problems before they occur, and taking steps to avoid them, is a common reason employees win the employee of the month designation.

Any employee, client or patient can nominate an employee simply by filling out and submitting a nomination form. Forms are available on the CHD website at <https://www.cincinnati-oh.gov/health/contact-us/employee-of-the-month/>. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).

Winners will be presented a certificate at a Board of Health meeting and acknowledged in the CHD Newsletter, on CHD social media accounts and during staff meetings.

Events & Shout Outs!

Wednesday, February 13, 2019, 11:00 a.m.—1:00 p.m. Learning to Love Fatherhood (3691 President Drive, Cincinnati 45225)

Congratulations CHD Retirees Effective March 1, 2019!



Marilyn Crumpton, MD, MPH—Dr. Marilyn Crumpton, Medical Director, Division of School & Adolescent Health, CHD, and Medical Consultant for Cincinnati Public Schools since 2008.

Jim Wimberg—Interim Division Manager/ Supervising Accountant, TRD - Fiscal

Do you want to learn more about how the flu is impacting Cincinnati and the U.S.? View the Seasonal Influenza Activity Reports by logging onto <https://www.cincinnati-oh.gov/health/community-health-data/seasonal-influenza-activity-reports/>

Cincinnati has recently been hit with some of the coldest air in a generation

You may not live in one of America's five coldest cities, but that doesn't mean you don't have to protect yourself from frostbite and hypothermia. Both conditions are caused by excessive exposure to low temperatures, wind or moisture and can cause serious or life-threatening health problems including hypothermia and frostbite.

Infants and elderly people are most susceptible to cold weather. Exposure can also be dangerous for anyone who enjoys outdoor winter sports, and people who work outdoors during winter must be particularly mindful of the risks.

When temperatures drop significantly below normal, staying warm and safe can be a challenge. Learn how to protect yourself and prepare for winter storms.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature.

Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.



All of our dental assistants are working hard to provide excellent care to our patients. Several have recently gained new certifications to allow them to provide sealants, polishing and nitrous oxide monitoring. We are proud to have such hard working committed staff to serve our patients! Pictured above: Celeste (Preventive Team), Brittney (Elm Dental) and Stephanie (Elm Dental) at the coronal polishing course. Other dental assistants who have recently attended courses are Jessie (Price Hill Dental), Ashley (Elm Dental) and Keshia (AWL SBDC).



CHD Dental Centers provide comprehensive, state-of-the-art dental care including:

- | | |
|---|-------------------------------------|
| - Diagnostic (exams, X-rays) | - Preventive (cleanings, sealants) |
| - Restorative (fillings, crowns) | - Endodontic (root canals) |
| - Periodontal (deep scaling, gum surgery) | - Prosthodontic (dentures, bridges) |
| - Cosmetic dentistry (bleaching, veneers) | - Dental implants |

February is Heart Health Month and Oral Hygiene Awareness Month

Maintaining good dental hygiene may reward you with more than a gleaming smile: it may keep your heart healthy too. February is both Heart Health Month and Oral Hygiene Awareness Month - and the two may share a close link.

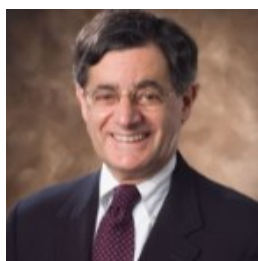
Studies have shown that people who have poor oral health (such as gum disease or tooth loss) are almost twice as likely to have heart disease. Researchers suspect the link between the two diseases is due to the same bacteria. The bacteria that infect the gums and cause tooth decay also travel to blood vessels elsewhere in the body where they cause inflammation. Inflammation, or swelling, is the body's natural response to infection. The buildup of swelling, plaque, and blood clots causes the majority of heart attacks and certain types of stroke, if blood flow to the heart or brain is obstructed.

The American Academy of Periodontology lists the signs of periodontal disease as the following:

- Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- A change in the way the teeth fit together when one bites down
- Red, swollen, or tender gums or other pain in the mouth
- Bleeding while brushing, flossing, or eating hard food
- Loose or separating teeth
- Pus between the gums and teeth
- Sores in the mouth
- Persistent bad breath



A Message from the Board of Health

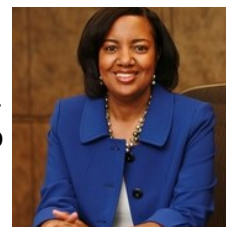


Phil Lichtenstein, MD
Board Chair

"We welcome the unique skillset that our two new board members offer as we continue to work to protect and promote the public health of our city."

With the start of the New Year well underway, we are honored to welcome two new members to our Board. Each individual brings valuable experience and expertise, as well as a passion for our community.

Dr. Monica Mitchell is the Senior Director of Community Relations and a Professor of Pediatrics within the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital. She also serves as the Co-Director for Community Engagement for the Center for Clinical and Translational Science and Training. In her work, Dr. Mitchell consults and collaborates with numerous non-profit organizations to advance translational research, training, and leadership development and evidence-based programs in the community.



Chandra Yungbluth joins the Board of Health after nearly two decades of management experience, with expertise in the public, private, and non-profit sectors. She currently works as a consultant for political and nonprofit organizations to assist them with strategic planning, recruitment, hiring and team building, goal setting, and events. She also serves as vice chair of the board of Whole Again International, a non-profit summer and enrichment program for at risk kids in the Cincinnati area.

It's not too late to get the flu shot!

Just before Winter begins to break, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system an extra boost to prevent influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infects the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. A vaccination can reduce flu illnesses, doctors' visits, missed work due to flu, as well as prevent flu-related hospitalizations.



Some people, particularly older people, young children, pregnant women and people with certain chronic health conditions like asthma, diabetes, heart and lung disease, are at high risk for serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Vaccination of pregnant women not only reduces their risk of illness, but also will also provide some protection for her baby. For people at high risk, getting the flu can mean developing serious flu-related complications or a worsening of existing health conditions. Adults 65 and older, and others at high risk should also receive vaccination to prevent pneumococcal pneumonia.

The best way to prevent the flu is by getting vaccinated each year. "You need an annual vaccination because flu viruses are always changing, and the vaccine is updated each year to better match circulating influenza viruses," stated Yury Gonzales, MD, FACP, Medical Director, Chief Medical Officer, CHD. "Immune protection from vaccination declines over time so vaccination is recommended every season for the best protection against the flu viruses for that year."

It's never too late to get vaccination as it takes about two weeks after the vaccination for the immune system to build the antibodies your body needs in order for protection to set in. In the United States, flu activity is usually highest between December and February and can last as late as May.

Remember, it's easy to catch the flu. When a sick person sneezes or coughs near you, they send out a spray of virus-laden droplets straight to your open mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

In addition, you may easily pass on the flu to someone else before you even realize that you are sick, as well as while you are sick. The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

If you want your immune system to be in good enough shape to fight off the flu and other germs, you need to stay healthy. That means get a flu shot, wash your hands frequently, eat a balanced diet, exercise at least 4 days a week and get 7 to 9 hours of sleep a night.

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February is Heart Health Month and Oral Hygiene Awareness Month

The most important thing you can do to avoid gum disease and maintain good oral health (including prevention of tooth decay or cavities) is:

- Brush teeth twice a day with an ADA-accepted fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for oral examinations and professional cleanings.



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Cincinnati has recently been hit with some of the coldest air in a generation

Warnings signs of hypothermia and what to do:

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, the Centers for Disease Control and Prevention (CDC) recommends that you handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Warnings signs of frostbite and what to do:

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance. If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, the CDC encourages you to proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

The elderly, young children, adults under the influence of alcohol and the mentally ill are some of the most at risk for hypothermia, which is an abnormally low body temperature. It can affect the brain and make the victim unable to think clearly or move well. Shivering, exhaustion, confusion, memory loss, slurred speech and drowsiness are all warning signs. Frostbite, results in a loss of feeling and color in affected areas such as the nose, ears, cheeks, chin, fingers or toes.



CHD Honors, Robert Smith, February 2019 Employee of the Month



Robert Smith is the supervising sanitarian of CHD's Technical Environmental Services (TES) program. Technical Environmental conducts the city's public swimming pool, household sewage, vector control, and animal bite/exposure inspections. TES also conducts pest control services at approximately 30 city owned locations, monitors mosquito Borne disease, and baits Cincinnati's sewers. Smith has been supervising the program for over a year now but has nearly 18 years of experience in TES. Smith has handled his first year as a supervisor marvelously; consistently producing top quality work. Robert's experience, reliability and easy-going personality are key to his continued success.

"One of his biggest assets is that he embraces and values the Health Department's commitment to customer service, and recognizes the impact that good customer service has on the quality of life for Cincinnati citizens. In this respect, he is very responsive to the public and his colleagues in satisfying their requests," explained Antonio Young, Director, Environmental Health. "He is also effective in detecting and communicating issue that may become high

profile/political hot button concerns to upper management in a timely fashion. He is one of CHD's friendliest employees; always arriving with a smile on his face and a happy greeting for his co-workers and clients."

Young says that although it has been difficult, Smith has demonstrated patience and flexibility in having to make adjustment to staff and his workload trying to keep up with the task demands in the absence of a permanent Senior Sanitarian. He is the only Supervisor without this position filled. Despite the overwhelming amount of work, Robert consistently finds ways to help his co-workers and reaches to go above and beyond for his clients.

Robert's commitment to educating the public is unequalled. He routinely conducts presentations and answers program questions during on-camera interviews, trainings, and at public informational booths. He conducts the annual traffic safety training for the sewer baiting program, holds several bed bug/vector control presentations, and is a regular at the annual Neighborhood Summit.

He has shown resourcefulness by acquiring a grant for the second year through the Ohio Environmental Protection Agency (OEPA) to offset cost for the summer mosquito surveillance program. He's a team player with a very positive attitude. In the capacity, his willingness to explore the Health Department's role and responsibility with legionella investigations and private water systems has been exceptional.

"It is with great pleasure and respect that I submit this nomination for Robert Smith to be recognized as the Employee of the Month. He is the gold standard in terms of professionalism, responsiveness and effectiveness," Young emphasized.

Congratulations Robert Smith! Keep up the great work!

Any employee can nominate a co-worker simply by filling out and submitting a nomination form. Clients and patients may also fill out and submit a nomination form. Forms are available on the CHD website <https://www.cincinnati-oh.gov/health/contact-us/employee-of-the-month/>. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).



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